



Healthy Vision 2010: Making Vision a Health Priority

Diabetic Retinopathy

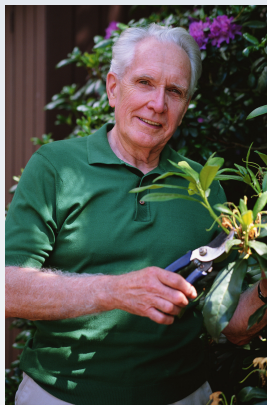


U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Eye Institute



Healthy Vision 2010 is...

**Vision is an essential part
of everyday life.**



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Healthy Vision 2010 includes...

- Examination and prevention
- Eye disease
- Injury and safety
- Vision rehabilitation

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Healthy Vision 2010 eye disease objectives

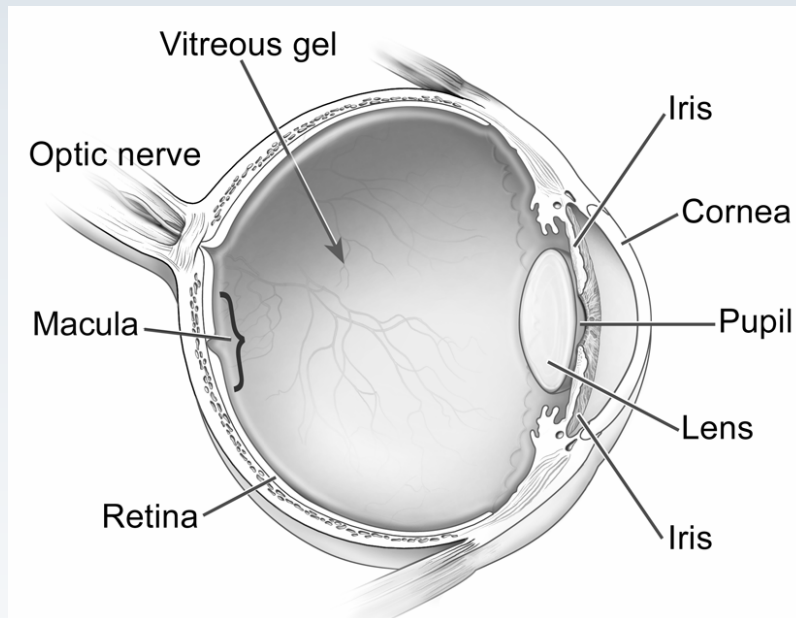
- Reduce visual impairment due to diabetic retinopathy.
- Reduce visual impairment due to glaucoma.
- Reduce visual impairment due to cataract.



What is diabetic retinopathy?

- Diabetic retinopathy is a complication of diabetes.
- Diabetic retinopathy is a leading cause of blindness.
- Diabetic retinopathy often has no early warning signs.

What causes diabetic retinopathy?



Diabetic retinopathy occurs when diabetes damages the tiny blood vessels inside the retina, the light-sensitive tissue at the back of the eye.

Who is at risk for diabetic retinopathy?



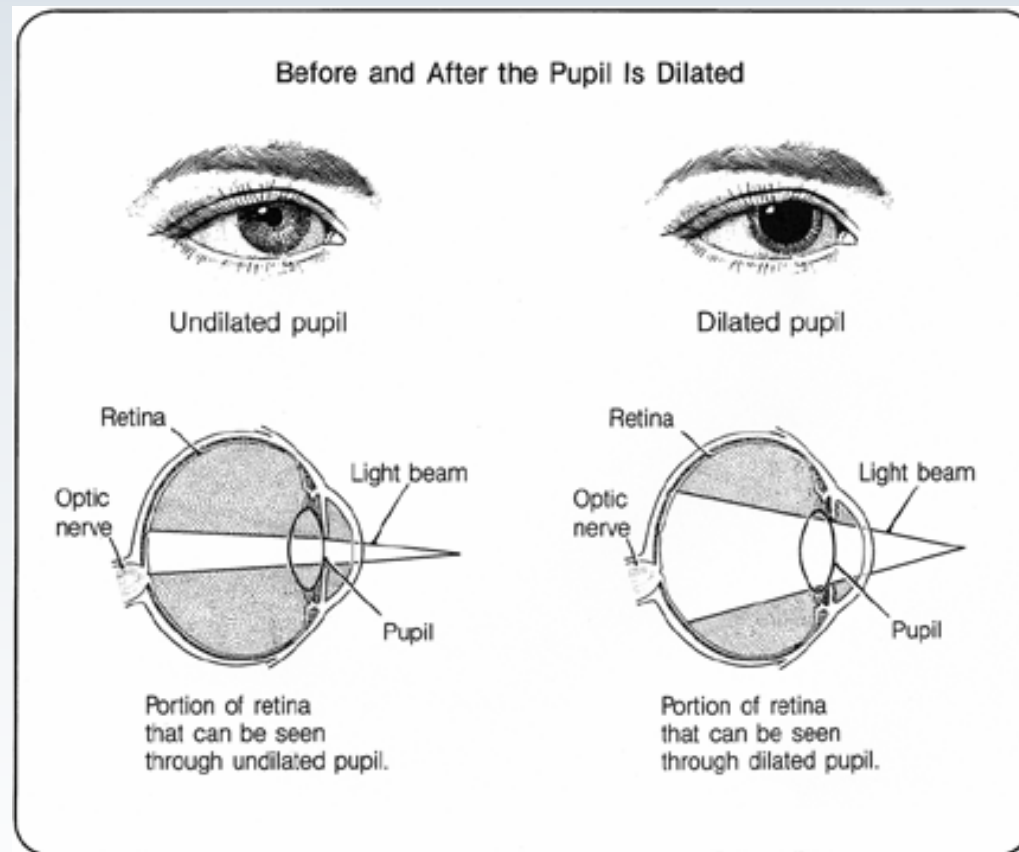
All people with diabetes, both types 1 and 2, are at risk for diabetic retinopathy.



How is diabetic retinopathy detected?

- Diabetic retinopathy can be detected with a comprehensive dilated eye exam.
- In a comprehensive dilated eye exam, an eye care professional uses eye drops to dilate (widen) the pupil to get a better look at the retina.


Dilated eye exam



A stylized graphic of an eye, composed of concentric blue and white arcs, positioned in the upper left corner of the slide.

How is diabetic retinopathy treated?

- An eye care professional may suggest laser surgery, in which a strong light beam is aimed onto the retina, to treat diabetic retinopathy.
- Laser surgery and appropriate followup care can reduce the risk of blindness by up to 90 percent.
- Laser surgery cannot restore vision that has already been lost. That is why finding diabetic retinopathy early is the best way to prevent vision loss.



**People with diabetes should
have a comprehensive dilated
eye exam at least once a year.**

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How Healthy Vision 2010 works

Healthy Vision 2010 challenges individuals, communities, and professionals—indeed, all of us—to take specific steps to improve the eye health of people living in the United States through prevention, early detection, timely treatment, and rehabilitation.



You can help

- Begin at home
- Become an advocate
- Start something in your community

You can help

- Use the Healthy Vision 2010 resources
- Add the logo to your Website
- Identify partners to work with you





Share in the success of





Visit the Healthy Vision 2010 Website

www.healthyvision2010.org

A stylized graphic of an eye, composed of concentric arcs and a central circle, rendered in shades of blue and white, positioned in the upper left corner of the slide.

Join the Healthy Vision 2010 Consortium

[www.healthyvision2010.org/about
hv/join.asp](http://www.healthyvision2010.org/about_hv/join.asp)

Contact the National Eye Institute

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